

3 Mental Health in Israel

~6M

Israelis above 18

~3M

With trauma-related symptoms

May experience moderate or severe levels of post-traumatic stress, depression, or anxiety symptoms.

~2.5M

With trauma-related symptoms at a moderate level

~580K

With trauma-related symptoms at a severe level



Population over 18

To handle the greatest mental health crisis of our time, we must change the paradigm of action.

Source: *Government watchdog estimate - Feb.2025



Population Under 18

Adolescents (ages 14-18)

~42%

meet the threshold for probable PTSD **one year after** the outbreak of war.

Younger Children are also deeply affected

~69%

of children ages 3–7 showed trauma-related symptoms consistent with PTSD risk

~49%

of children ages 8–12 showed trauma-related symptoms consistent with PTSD risk

These symptoms include anxiety, emotional dysregulation, sleep disturbance, hyper-arousal, and difficulty functioning in school.

*Sources: Post-traumatic stress among adolescents following the October 7th attack in Israel: Implications for mental health policy and planning, PubMed, 2025
"Children of War": Examining the Associations between War Exposure, Maternal PTSD, and Continuous Traumatic Stress on Israeli Children's PTSD, PubMed, 2025*